



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Glowik, Silvia**

Club: Freundeskreis

Number: 268

Course: 6.00 km

6 km Walk

Category:

Walking/ Nordic Walking

Total time: 1:41:12

Speed: 3.56 km/h

Running performance: 16:52 min/km

Rank in course/Total: 60 (of 61)

Rank in course/Women: 45 (of 46)

Best time in course: 42:15

Rank in category: 45(of 46)

Best time in the category: 42:15